



***Health is above  
wealth.***

# Healthy living guide




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***1. Speak about health***  
***2. Practice in***  
***listening, reading,***  
***speaking.***

# Health

## Good for health

- Physical activity
- Fast food
- To diet
- To gain weight
- To lose weight
- Fruits
- vegetables

## Bad for health

- Fat
- Convenience food
- Balanced diet
- Skip meals
- To do exercise
- To have excess weight

# Health

## *Good for health*

- *Physical activity*
- *To lose weight*
- *Fruits*
- *Vegetables*
- *Balanced diet*
- *To do exercise*

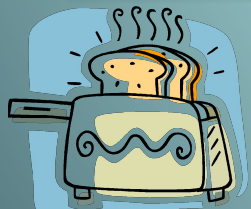
## *Bad for health*

*Fast food*  
*To diet*  
*To gain weight*  
*Fat*  
*Convenience food*  
*Skip meals*  
*To have excess weight*





ood for health



Eat to live not live to eat

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For health



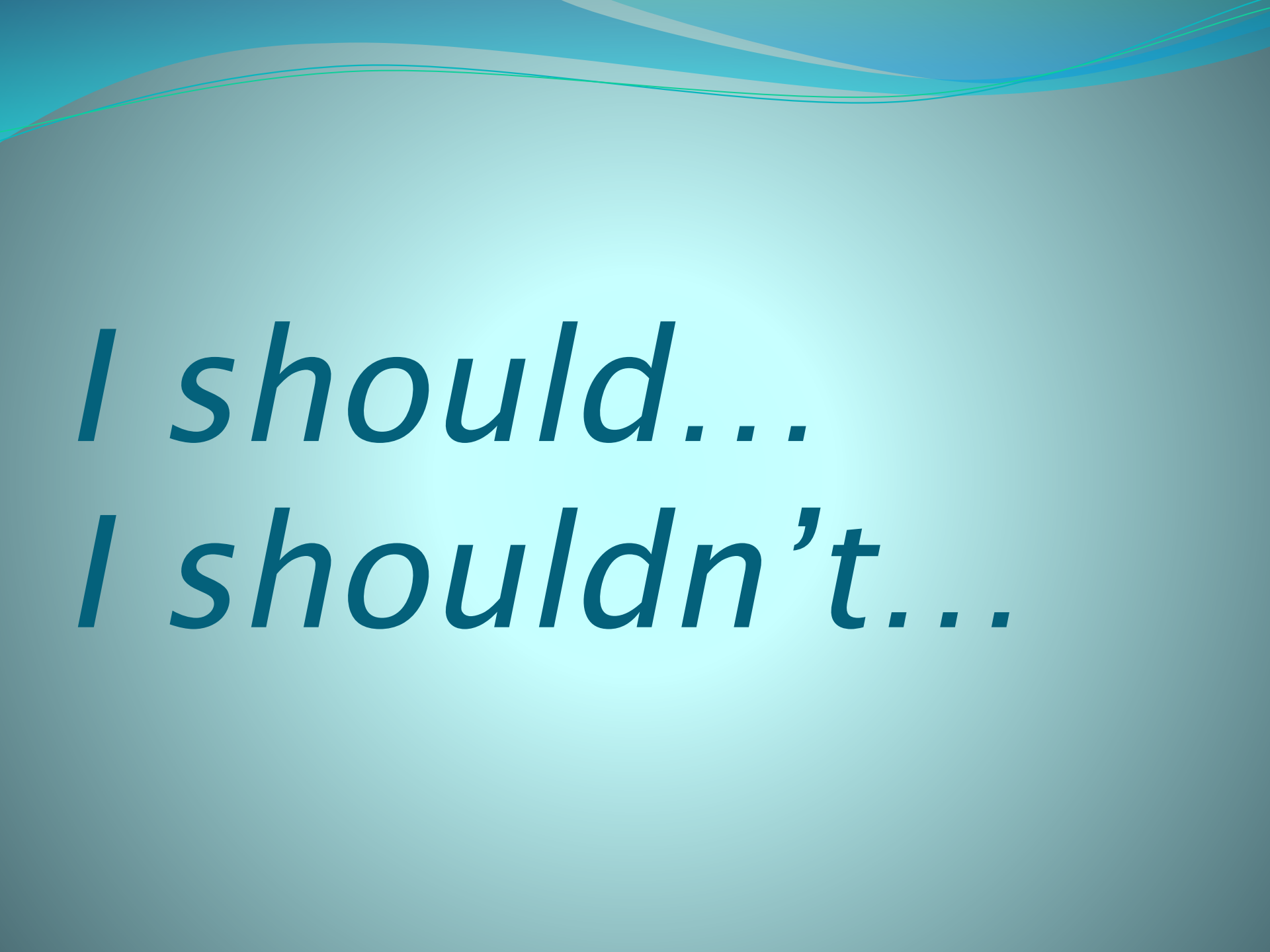
Eat to live not live to eat



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*I should...*

*I shouldn't...*



## Match the expressions with their translation

- 1.physical activity
- 2.to burn calories
- 3.convenience food
- 4.A balanced diet
- 5.fast food  
restaurants
- 6.to contain energy
- 7.to contain fat

- 1.сжигать калории
- 2.полуфабрикаты
- 3.сбалансированная диета
- 4.физическая активность
- 5.содержать энергию
- 6.содержать жир
- 7.рестораны быстрого обслуживания

*Match the verbs with the nouns:*

*1.weight*

*2.exercise*

*3.calories*

*4.convenience food*

*a) to have*

*b) to lose*

*c) to burn*

*d)to do*

- 1.If you burn more calories, you lose more ....
- 2.Everybody must take ... every day.
- 3.... that are strict can make you fatter.
- 4.You can eat as many .... and .... as you want.
- 5.Coffee is ... for you.
- 6.You don't have to do .... If you don't eat too much.
- 7.... is good for you.
- 8 ....activity is very important for our health.

*Words: physical, fruits, exercise, vegetables, fruits, diet, vitamins,  
weight, good.*

1.If you burn more calories, you lose more *weight*.

2.Everybody must take *vitamins* every day.

3. *Diet* that are strict can make you fatter.

4.You can eat as many *vegetables* and *fruits* as you want.

5.Coffee is *good* for you.

6.You don't have to do *exercise* If you don't eat too much.

7. *Fruits* is good for you.

8. *Physical* activity is very important for our health.

*No smoking.*



No bad  
habits

Healthy  
food

Sport

Ye  
s!

Harmony  
with nature

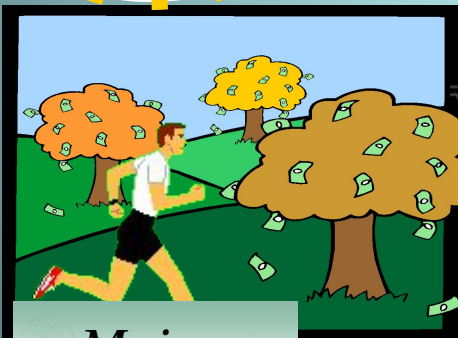
No!

Alcohol

Drugs

Smokin  
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Physical  
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*Thank you for the lesson*



**Be healthy!**